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We claim:

1. A shock and vibration system for symmetrical isolation of shocks comprising:
 - a first member having an interior space;
 - a second member, said second member positioned interiorly with respect to said first member; and
 - a plurality of elastomeric shock mounts, each of said plurality of elastomeric shock mounts having a first end connected to said first member and a second end connected to said second member with each of said elastomeric shock mounts symmetrical positioned in the interior space to thereby provide shock and vibration isolation between said first member and said second member.

2. The shock and vibration system of claim 1 wherein said first member is fixedly mounted.

- 15 3. The shock and vibration system of claim 1 wherein said second member is fixedly mounted.

4. The shock and vibration system of claim 3 wherein said first member circumferentially surrounds said second member.

- 20 5. The shock and vibration system of claim 3 wherein said second member comprises a pole with said first member comprising a platform extending radially outward from said pole.

- 25 6. The shock and vibration system of claim 5 wherein said elastomeric shock mounts cantileverly extend at an acute angle between said first member and said second member.

7. The shock and vibration system of claim 5 wherein a plurality of workstations are symmetrical and concentrically positioned on said platform.

8. The shock and vibration system of claim 6 including at least four elastomeric shock
5 mounts symmetrical positioned around said pole to form radial sector spaces therebetween
with each of said workstations at least partially positioned in said radial sector spaces to
provide a symmetrical loading of said elastomeric shock mounts.

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10 9. The shock and vibration system of claim 3 wherein said second member comprises
a pole with said first member comprising a plurality of storage compartments extending
radially outward from said pole.

15 10. The shock and vibration system of claim 2 wherein said second member has a
chamber with a platform therein with said platform coaxially positioned with respect to said
first member

11. The shock and vibration system of claim 10 wherein said elastomeric shock mounts
cantileverly support said platform to thereby isolate said platform from shocks to said first
member.

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12. The method of isolating shocks between a first member and a second member
comprising:

placing a second member interior to a first member; and

symmetrically positioning and mounting a plurality of shock mounts between said

25 second member and said first member with each of the shock mounts cantileverly extending
between said second member and said first member to provide cantilevered support thereto.

13. The method of claim 12 including the step of placing the second member coaxial with the first member.

14. the method of claim 12 including the step of fixedly supporting said second member
5 to enable said first member to provide a shock attenuated platform.

15. the method of claim 12 including the step of fixedly supporting said first member to enable said second member to provide a shock attenuated platform.

10 16. The method of claim 12 including the step of placing multiple workstations on said first member with said multiple workstations symmetrically and concentrically positioned around said first member.

15 17. The method of claim 12 including the step of forming a compartment in said second member with said compartment concentrically positioned with respect to said first member so that each of said shock mounts coact to isolate said compartment from shocks.

18. The method of claim 12 wherein the shock mounts are angularly positioned to provide for shock and vibration attenuation in three mutually perpendicular axis.